

EPI Update for Friday, Sept. 15, 2006
Center for Acute Disease Epidemiology
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Cryptosporidiosis on the rise in Iowa**
- **September is Food Safety Education Month: It's safe to bite when the temperature is right!**
- **We want you: *Iowa Influenza Surveillance Network***
- **Expanded arbovirus disease mapping services**
- **Meeting announcements and training opportunities**

Cryptosporidiosis on the rise in Iowa

An increased number of cryptosporidiosis cases have been reported to IDPH in the past four weeks. Fifty-two cases have been reported, twice the number reported in the same four-week period last year.

Cryptosporidiosis, often referred to as "crypto," is a parasitic infection that commonly causes profuse, watery diarrhea. Other symptoms include abdominal cramping, vomiting and loss of appetite. Crypto is spread via the fecal-oral route and can be transmitted easily from person to person. Proper hand washing is essential for those infected, their families, and caregivers. Anyone with diarrhea should stay home from day care, school or work; also should avoid swimming for at least two weeks after symptoms have ended.

Cryptosporidiosis is one of the most common causes of waterborne disease in humans. Recreational water, which includes swimming pools, hot tubs, fountains, lakes, rivers, springs, ponds and streams, is the most common source of a crypto outbreak. Historically, drinking water, juice, and fresh produce have been contaminated; animals can also become ill and transmit the organism to humans.

The IDPH Center for Acute Disease Epidemiology, with consultation with other states and the Centers for Disease Control and Prevention (CDC), has developed a new Cryptosporidiosis Case Investigation Form, which asks about potential risk factors in detail. This form will help determine potential links between cases and possible sources will direct public health action to prevent spread of the disease. At this time, this form is to be used to follow up on all reported cases of cryptosporidiosis. The new form begins on page 7 of the *Cryptosporidiosis* section of the online *EPI Manual* at www.idph.state.ia.us/adper/surveillance_manual.asp.

It's safe to bite when the temperature is right!

This week's reminder to support National Food Safety Education Month continues with a third simple food safety tip: **Cook foods to proper temperatures.** Foods are safe when they are heated long enough and at a temperature high enough to kill the harmful bacteria that cause foodborne illness.

Did you know that...?

- ❑ Only one out of every four hamburgers turns brown before it has been cooked to a safe internal temperature. - *USDA Food Safety and Inspection Service*
- ❑ Only half of Americans surveyed say they use a food thermometer to check the internal temperature of meat and poultry when cooking. - *2004 Partnership for Food Safety Education*
- ❑ When eating out you should choose menu items that are thoroughly cooked. If it appears that food has not been thoroughly cooked, return it to the kitchen for additional cooking. - *Partnership for Food Safety Education*

According to The Partnership for Food Safety Education, it is safe to bite when the internal temperature measures the following when using a food thermometer:

- ❑ **Ground meat and meat mixtures**
 - Beef, Pork, Veal, Lamb 160 degrees F
 - Turkey, Chicken 165 degrees F
- ❑ **Fresh beef, veal, lamb**
 - Medium Rare 145 degrees F
 - Medium 160 degrees F
 - Well Done 170 degrees F
- ❑ **Poultry**
 - Whole poultry and poultry parts 165 degrees F
- ❑ **Fresh pork**
 - Medium 160 degrees F
 - Well done 170 degrees F
- ❑ **Eggs and egg dishes**
 - Eggs are firm Cook until yolk and white
 - Egg dishes 160 degrees F
- ❑ **Leftovers and casseroles** 165 degrees F

For more information, visit the CDC Web site, click on www.cdc.gov/ncidod/op/resources/OOP%20Brochure%2012.20.05.pdf or

www.foodsafety.gov/~fsg/september.html.

We want you: *Iowa Influenza Surveillance Network*

The Iowa Influenza Surveillance Network is actively seeking participants to track influenza activity for the 2006-2007 season. Surveillance is essential in determining how influenza is affecting Iowans during the flu season and how to reduce its impact.

The following types of participants are needed:

- Physicians, nurse practitioners, physician assistants (who typically see influenza-like illness in patients)
- School nurses
- Child care centers (with a minimum of 50 children enrolled)
- Businesses (with a minimum of 50 employees)
- Long-term care facilities

Participants are asked to track simple measures of influenza activity. For example, schools are asked to track the number of children absent due to illness each week and the average number of children enrolled each week. All participants are asked to report data weekly into a web-based reporting tool. Reporting starts the first week of October and continues through the last week in March, 2007.

For more information, please refer to the IISN program brochure at www.idph.state.ia.us/adper/common/pdf/flu/flu_brochure_06.pdf. To directly enroll in the network, contact Meghan Harris at IDPH, by telephone at 515-281-7134 or via email at mharris@idph.state.ia.us.

Expanded arbovirus disease mapping services

The U.S. Geological Survey (USGS) and the CDC recently announced the expansion of their disease mapping services. The new Web site, <http://diseasemaps.usgs.gov>, now includes maps of cases of five arboviruses. In addition to West Nile virus activity, they include St. Louis encephalitis (SLE), eastern equine encephalitis (EEE), western equine encephalitis (WEE), La Crosse encephalitis (LAC), and Powassan virus (POW). Data on these diseases are provided by state health departments to CDC using CDC's ArboNet surveillance system. Every Tuesday at 3 a.m., a summary report is generated from the ArboNet database and transmitted to USGS. These data are used to create the 700+ maps contained on the Web site. Anyone who uses the <http://westnilemaps.usgs.gov> address will be redirected to the new home page at <http://diseasemaps.usgs.gov>.

Meeting announcements and training opportunities

The 9th Annual HIV/AIDS Conference, *Getting to the Heart of the Epidemic*, will be held Oct. 10 and 11 in Des Moines. For more information, visit www.trainingresources.org or contact Becky Woodcock at (515) 309-3315 or becky@trainingresources.org.

Have a healthy and happy week!
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